

## **Plant Dewi update-Carmarthenshire Children and young people's network**

Plant Dewi has resumed face to face group work outdoors in most the family centres and all of our Families together and young parents groups. These groups are carefully risk assessed and limited in size. Families have to book in advance to secure a place at outdoor sessions to ensure numbers are limited by current guidelines and space and in the most part this is working well but is a barrier to some parents who would be more likely to engage if they could just turn up on the day as would be the case in pre-covid times. Outdoor sessions have included walk and talks, baby language and play, toddler language and play, beach and park events. Some provision is being offered indoors particularly for the baby groups and again these are risk assessed and very limited in size as most of our venues are not big so most will be a maximum of 4-6 families. In the centres where we are sharing a building with the Local authority, we are working closely with them to ensure that the activities we run are in line with what is permitted under Gold command. It has been great to welcome parents and their children back into our settings and to meet lots of new babies. The reunion has been emotional as there is a realisation of what the past year has been and what children have missed out on particularly in terms of socialisation. For many the opportunity to talk face to face is providing a real opportunity to seek support and speak more openly about struggles they are experiencing.

Virtual groups are still being encouraged to offer a blended service alongside Facebook activities as we recognised for many that joined us during the Covid-19 pandemic that accessing virtually removed the barrier of travel that would normally prevent many from physically accessing a centre or group.

We are working closely with the pathfinder project and Impact 242 in the Gwendraeth area to identify support needs and are continuing to develop a new young parents group in the Cross hands area. We are also attending meetings with the Tyisha Children and families workstream. Thanks to the Bishops fund we are opening a new families together group in Cwmgors-Gwaun Cae Gurwen which sits near the border of the diocese between Carmarthenshire and NPT.

Carmarthenshire staff participated in the Time to shine project funded by the Community Development fund from Dec-March to offer virtual Language and play sessions to families referred by health visitors and professionals. We worked closely with Flying Start, Actif and Arts for Wellbeing to provide this and some centres will offer these sessions again in June and September either virtually or face to face working alongside other agencies.

Staff continue to work remotely when not delivering face to face groups with limited access to the office. We are currently developing a new website and consulting to inform our strategic plan.

If you have any enquiries regarding the services we are offering please contact Christina on 07398 767150 or [christina@plantdewi.co.uk](mailto:christina@plantdewi.co.uk) .